SCOTT RUSSELL ON WHAT DRIVES A DIVER, PG 9





Atleo named AFN chief

FocusOn **First**Nations

AMY GREGSON for Metro Canada

ELECTION After a long fought battle, Shawn Atleo has been named national chief of the Assembly of First Nations.

The battle between Atleo and Perry Bellegarde went to an eighth ballot Thursday morning, where Atleo ended up with 58 per cent of the vote. After that Bellegarde conceded his bid.

"It's been just a tremendous privilege," said Atleo.

Much of the night had seen a deadlock.

Atleo said challenges include health, poverty, education and unity.

Entertainment pg 17

Stan Lee still

going strong

FocusOn

FirstNations

MORE COVERAGE, PAGE 4

InduCar rarers lames Hinchcliffe, middle, and Mike Conway right, autograph a hat for Stollery Children's Hospital nationt Shelby

IndyCar racers James Hinchcliffe, middle, and Mike Conway, right, autograph a hat for Stollery Children's Hospital patient Shelby Daniels on Thursday morning ahead of the Edmonton Indy, taking place at the Rexall Speedway this weekend. The racers were on hand to talk to the youngsters about racing and to sign cards and hats. More coverage, pages 2, 9.

Stars of racing rev up the kids

IndyCar drivers visit Children's Stollery Hospital



ANDREW COWIE for Metro Edmonton

below) news analysis on the problems Shawn Atleo must address as new AFN eader, page 4 • Canice Leung on

how Aboriginal murder victim Sarah Jean de Vries fell through Canada's social cracks, page 6

On the web

Stay informed:

 Go to metronews.ca for your weekend news updates. "These kids go through some tough things. There are always special cases that tug at your heart, but they still enjoy us (coming)." James Hinchcliffe, IndyCar driver

Two IndyCar drivers made a pit stop at the Children's Stollery Hospital to spend some time with some of their younger fans.

meet the get the op first hand is like.
"These

Now in its 20th year, Racing for Kids featured drivers James Hinchcliffe and Mike Conway, who gave some under the weather children the chance to

meet the driving stars and get the opportunity to hear first hand what the racing is like.

"These kids go through some tough things," Hinchcliffe said. "There are always special cases that tug at your heart, but they still enjoy us (coming)."

Hinchcliffe said that the

kids will always ask two questions, how fast the cars go and if the drivers have ever crashed.

"It's not just kids that ask that," he joked.

J. Patrick Wright, executive director for Racing For Kids, said that the nurses at the children's hospitals saw great improvement

with visits like this.

"It takes their mind off their (setting) and back to getting home," Wright said. "These visits are a big part of recovery." Wright said that the driv-

Wright said that the drivers visiting and on the IndyCar circuit were very willing to share their stories and company with the kids.

"They are very conscious of their responsibility to the community," Wright added.

Racing For Kids has raised over \$5 million for the hospitals it has visited.

End is near: Bank of Canada

RECESSION Canada's economy will pull out of its worst recession since the early 1990s this quarter, the Bank of Canada said on Thursday, and the world economy has likely averted a worst-case scenario and is bottoming out.

"With the economy supported by better financial conditions and higher levels of business and consumer confidence than anticipated, the downturn in activity in the first half of the year has been less severe," the bank said in its Monetary Policy Report. "And growth is now projected to turn positive in the third quarter." In April the bank had

In April the bank had projected a turnaround in the fourth quarter. It now sees third-quarter growth of 1.3 per cent on an annualized basis, rather than the one per cent decline it forecast earlier, ending three straight quarters of decline.

It also projects strongerthan-expected quarterly growth through the first half of 2010, but weakerthan-expected growth through 2011, when its current forecasts end.

It said the recent rise in the Canadian dollar, which the bank attributed to higher commodity prices and a weak U.S. dollar, is moderating the overall pace of growth.

The bank projects the currency will average 87 U.S. cents, or \$1.1494 to the U.S. dollar and said its strength will help boost import volumes starting in the second half of this year.

The currency closed at 92.04 U.S. cents, or 1.0865 to the U.S. dollar. REUTERS

Share**Your**Views edmontonletters@metronews.ca

Get your tickets for the races

Fans can purchase three-day grandstand passes or single-day tickets in advance at any Ticketmaster outlet, or online at ticketmaster.ca. General admission walk-up tickets will be available at the gates of the Rexall Edmonton Indy on July 24 and 26 only. METRO EDMONTON

Local



Shuttle service for race fans

With the Rexall Edmonton Indy and Capital Ex taking place, Northlands is offering a free inter-venue shuttle service. The shuttle will operate from 11 a.m. to 7 p.m. all three days during the Rexall Edmonton Indy, running from Gate A to the 73 Street entrance at Capital Ex, over to Sir Winston Churchill Square downtown, and back to Gate A at the race track. METRO EDMONTON

Racing just part of Tracy's weekend

Canadian driver helping to raise funds for soldiers fighting overseas



GRAHAM MCCANN for Metro Edmonton

Tracy, this weekend means the track.

support of the Canadian military charity Wounded soldiers fighting overseas.

"I met some of the soldiers in Toronto and they've just come back from Afghanistan. somebody representing them on the race track.'

added, Cana-

Fans should expect

a packed weekend

he is proud to represent the country's soldiers.

Tracy, 40, is an accomplished Canadian race driver, known for his aggression on the track.

He said that he has no specific plans to retire anytime soon, despite his original idea to race until he is 42.

Fans will have a chance to sign Tracy's racing

Paul Tracy

suit which will be on display throughout the weekend for a donation to Wounded Warriors, until he races on Sunday.

"As a soldier and a father of a soldier, I think I can speak for all military members and their families when I say thank you from the bottom of my heart,' said Wayne Johnson, president and founder of Wounded Warriors.

After the press conference, which he announced

Charity

For more information about the Wounder Warriors charity, and to donate, go to woundedwarriors.ca.

his new sponsor as the Edmonton Årea Honda Dealers, Tracy went over to the military base to meet soldiers and their families.

The Rexall Edmonton Indy starts on Friday and goes until Sunday.

Crowded field

Drivers in Sunday's big race

- The 2009 Rexall Edmonton Indy, running from July 24-26, 2009, is expected to feature 23 cars on the starting grid, and an international cast of drivers representing 12 countries. The list of drivers includes:
- Scott Dixon: New Zealand
- Dario Franchitti: Scotland
- Helio Castroneves: Brazil



Australia Danica Patrick: U.S. Tony Kanaan:

 Marco Andretti: U.S.

Hideki Mutoh: Japan

- Alex Tagliani: Canada
- Paul Tracy: Canada Mario Moraes: Brazil
- Tomas

Scheckter South Africa

Franchitti

• Dan Wheldon: U.K.

Robert Doornbos: Netherlands

• Will Power: Patric

Australia E.J. Viso: Venezuela

- Ryan Hunter-Reay: U.S.
- Iustin Wilson: U.K.
- Ed Carpenter: U.S.
- Mike Conway: U.K.
- Richard Antinucci : U.S.
- · Graham Rahal: U.S.
- Raphael Matos: Brazil



For racing veteran Paul more than just glory on

Tracy will be racing in Warriors, which supports

edmantan indu

ACTION There is no short-

age of action to keep race

fans happy through this weekend's Rexall Edmon-

In addition to three sets

of IndyCar practices, Fri-

day's schedule includes

qualifying for the new Fire-

stone Indy Lights, the Cor-

Race, and NASCAR Canadi-

an Tire Series qualifying at

speeds in excess of 200

Topping things off that

evening is a free concert by the Sam Roberts Band at 7

p.m. on the Budweiser Turn One Stage.

open at 9:30 a.m. Race fans

will enjoy IndyCar and GT

practice, as well as a pair of races. The NASCAR

Canadian Tire Series race

On Saturday, the gates

Championship

ton Indy.

porate

km/h.

they're just so proud to have said Tracy. He

Ontario Honda Dealers dian.

Race weekend Crew members get ready



Crew members of Team Penske roll Australian racer Ryan Briscoe's car to a technical inspection station before this weekend's Rexall Edmonton Indv.

runs at 11 am, followed by the Firestone Indy Lights race at 2 p.m. Indy-Car qualifying will take place immediately afterward at 3:30 p.m.

On Sunday, fans will want to beat the rush and get to the track when gates open at 9:30 a.m., because it's race day. The NASCC Eurasia Cup GT Invitational race will take place at 1:30 p.m., followed by the Rexall Edmonton Indv at 4 METRO EDMONTON

News in brief

POLITICS A local social worker and activist has thrown his name into the hat for the newly created Ward 7. Brendan Van Alstine, a registered social worker who lives and works in the Alberta Avenue Community, is the first to announce canof the new 12-ward system introduced with only one candidate per ward.

with serious injuries after being beaten by several men in the downtown area late Wednesday, The 50-year-old

officers at 118 Street and Jasper Avenue after an alleged physical altercation between three or four other people broke out. **FLU** Every Albertan over the age of six months will be offered a free seasonal flu shot coming this fall.

metr@news.ca

Video Cirque de Soleil founder promises not to be a burden on the crew when he becomes Canada's first space tourist at metronews.ca/ canada

didacy for the new ward, part

ATTACK A man is in hospital man was found unconscious by

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B.C. harmonizes sales tax

B.C. will introduce a harmonized sales tax of 12 per cent, replacing the PST and GST effective July 2010, Premier Gordon Campbell announced Thursday morning in Vancouver, CBC News Online reports. METRO NEWS SERVICES

Canada/World

Relations must start | Politicians, rabbis arrested after with mutual respect

New chief faces poverty, land claim issues



FocusOn FirstNations

Ending a nine-year leadership, departing Assembly of First Nations head Phil Fontaine instructed his successor to eradicate First Nations poverty as a top

priority.But now that Shawn Atleo has taken over the reigns, the hostilities between Aboriginals and mainstream Canada over some 900 outstanding land claims should be an equal

priority.
The 42-year old Atleo, who was elected national chief yesterday, believes the federal and provincial governments "continue to operate from a position of non-recognition," according to his platform communiqué

The latest confrontation between the Canadian Border Services agency and the Mohawk Council of Akwesasne at the eastern Ontario border crossing highlights the situation's urgency. Mohawk warriors burned bonfires around the CBSA compound. They wore camouflage and had a bulldozer on hand, ready to swarm in if the CBSA proceeded with the arming of its officers. It was a travesty for federal border agents to be chased out of office by such lawlessness.

The Canadian public is tired of: The spectre of violence in tense standoffs, blockades, and looming threats, all driven on by rogue Aboriginal activists, not necessarily supported by their own communities.

No one wants violence or another Ipperwash. Governments are our elected representatives, obligated to control civic unrest for the safety of its citizens

A solution demands that we must start from a posi-tion of mutual respect, and Chief Atleo has his work cut out for him as the new leader of the Assembly of First Nations.

As a businessman, and chancellor of Vancouver Island University, he has touted himself as a bridge builder, regional politician and champion of unity.
The majority of AFN

chiefs and Aboriginal progressives see education and peaceful demonstrations as the best way to inform mainstream Canada of the plight of First Nation peoples. Beyond this, both the federal and provincial jurisdictions need to sit down at the negotiating table with Aboriginal lead-

Dragging heels on the issue is objectionable given the frustrations on both sides. The only other option is to await bloodshed.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

probe that included organ sales

NEW JERSEY Dozens of New Jersey politicians, officials and prominent rabbis were arrested Thursday in a sweeping federal probe that uncovered political corruption, human organ sales and money laundering from New York to Israel, officials said.

The 10-year investiga-tion, dubbed "Operation Bid Rig," exposed influencepeddling and bribe-taking among a network of public officials and a separate mulmoneytimillion-dollar laundering ring that funnelled funds through charities operated by local rab-bis, said the U.S. attorney's office in Newark.

The cast of the 44 arrested featured Hoboken, N.J., Mayor Peter Cammarano, who took office three

"The politicians willingly put themselves up for sale."

Acting U.S. attorney Ralph Marra

weeks ago in the industrial city visible across the Hudson River from New York.

'New Jersey's corruption worst, if not the worst, in the nation," said Ed Kahrer, assistant special agent in charge of the FBI in New Jersey, who has worked on the investigation since it began in July 1999.

It has become ingrained in New Jersey's political cul-ture," he said, calling corruption "a cancer."

In scenes that could have been lifted from the hit TV series The Sopranos, they met in diners, parking lots, even bathrooms, officials

"The politicians willingly put themselves up for sale,' said acting U.S. attorney Ralph Marra.

The probe also uncovered Levy Izhak Rosenbaum of Brooklyn, who is accused of conspiring to broker the sale of a human kidney for a transplant. According to the complaint, Rosenbaum said he had been brokering sale of kidneys for 10 years.

"His business was to entice vulnerable people to give up a kidney for \$10,000 which he would turn around and sell for \$160,000," said Marra.



Hannah Jeub, 6, hangs over the seat as her family loads into their 15-passenger van in Monument, Colo. Quiverfull believers Wendy and Chris Jeub have 15 children and would be happy to have more if God wills it, they say.

Wendy and Chris Plus 15



Obama enters racial debate

u.s. President Barack Obama plunged his presidency into a racial debate and set off a firestorm in one of America's most liberal bastions by siding with a black Harvard scholar who accuses police of racism.

Saying he was unaware of 'all the facts" but that police in Cambridge, Mass., "acted stupidly" in their arrest of Henry Louis Gates, Obama whipped up emotions on both sides of the issue. But many in Massachusetts said he crossed a line by passing judgment on police while acknowledging he did not have all the facts. Online polls in Massachusetts show strong support for the white arresting officer. A police union also has

 Massachusetts Police sav Henry Louis Gates was arrested last Thursday for disorderly conduct, accusing him of being uncooperative, refusing to initially provide identification and "exhibiting loud and tumultuous behaviour" by repeatedly shouting at police in front of people gathered on the street in front of his house.

come to his defence.

"He should steer clear of it if he doesn't know all the facts," said Patricia Lynch, a consultant and graduate of Harvard's Kennedy School of GovernLaden's sons was probably killed by a U.S. missile strike in Pakistan earlier this year, National Public Radio reported, citing U.S. intelligence sources. A U.S. counterterrorism official said Thursday that Sa'ad bin Laden may be dead, "but it's not 100 per cent certain." He described the son of the al-Qaida leader as "a small player

AL-QAIDA One of Osama bin

News in brief

COUP Honduras will not yield to international pressure for the return to power of President Manuel Zelaya, officials said Thursday as Zelaya prepared a new bid to go home from exile.

with a big name."

JAILBREAK Three prisoners escaped from a jail outside the Belgian city of Bruges in a hiiacked helicopter on Thursday. authorities said. Media reports said the escapees flew to the town of Aalter, then seized a black Mercedes from its female driver and robbed a service station before heading for the Belgian coast.

FLU Children who have unexplained seizures and flulike symptoms should be tested for infection with influenza A (H1N1) and treated with flufighting drugs, U.S. health officials said on Thursday. They said four children in Dallas who got the virus in May had seizures or changes in mental status caused by brain infections and swelling. Some of the children experienced drowsiness and disorientation. Two of the four had seizures. All have recovered.

Vancouver **Rescuers working**



Members of a fire rescue team descend from the top of the Lions Gate suspension bridge in Vancouver Thursday during a training session. The bridge is considered by many in the area to be a magnet for suicides.

Tough guidelines for Taser use in B.C.

JEFF HODSON

DZIEKANSKI B.C. is adopting strict new guidelines on the use of stun guns, like the Taser, stemming from the 2007 death of a Polish immigrant at Vancouver's airport, the province's solicitor general said Thurs-

The new rules mean an officer can only use a conducted energy weapon if there is a danger of bodily harm and all lesser force options have been exhausted. The rules are based on 19 recommendations issued by retired judge Thomas Braidwood, who was tasked with examining the weapon's use. The commission was launched following the death of Robert Dziekanski, who died after being Tasered multiple times. The new rules apply to municipal police offi-cers, sheriffs and RCMP.

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Comment & Views

Comment

Canada's collective shame

Video installation explores plight of missing women



arah Jean de Vries. It's not a name I knew before seeing filmmaker Ianis Cole's video installation, Remember Their Names, at a Toronto gallery, but I'd now be hard-pressed to forget it.

Her missing poster, case No. 98-88486, reads like this: Known prostitute and drug user; black, white, Aboriginal, Mexican Native heritage; age 28; last seen at Princess and Hastings streets on April 14,

She is one of 27 dead women Robert Pickton faces murder charges for: one of 68 women, Indians, junkies and whores, missing from Vancouver's Downtown Eastside.

Adopted into a white family in Vancouver, Sarah gravitated towards the DTES and its fellow out-siders. Black Sarah, as she was nicknamed, had a difficult life; in her journal she lashed out at violent johns and insensitive cons.

Not a week into her disappearance, friends and family postered and pushed police to act — not just for Sarah, but for dozens who had disappeared since the 1980s.

That inaction is Cole's constant theme. A screen flashes quotes from police: "We've done as much as we could." "We're in no way saying there is a serial killer ... (or) the women are dead."

The installation loops footage of Sarah shooting "There's three ways

FocusOn **First**Nations

you can go: Jail; dead; or end up a lifer down here,' she says. "I'm not the one to tell you not to do it because I'm sitting here doing it myself ... but just stay away from it."

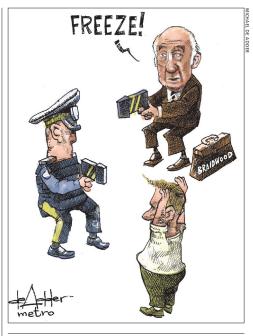
In a 1999 Seattle Times article, Sereena Abotsway echoed Sarah's despair, saying she feared for her safety. She joined community marches to call for police action as women disappeared. Two years later, she, too, went missing, one of six women Pickton was convicted of killing in

This is Canada's collective shame, ignoring women like Sarah and Sereena, who felt fear and vulnerability with ur-gency, who asked for (and gave) help, but received none

It's a tired cry for a static situation: Why has nothing been done? Since 1969, 18 women have disappeared or been murdered on Highway 16, the Highway of Tears, in northern B.C. Last fall, best friends Maisy Odjick and Shannon Alexander disappeared from the Kitigan Zibi re-serve north of Ottawa without even their wallets, but for months police maintained the teens had simply run away.

"No one cares, we are just junkie scum. Yet if we had been somebody important and our daughter had gone missing," Sarah wrote, presciently, before her disappearance, "no stone unturned, no rock or cranny would be left unsearched."

Canice Leung is a former editor of Ryerson Jniversity feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



Worth mentioning

Chinese scientists grow live mice from skin cells

Chinese researchers have managed to create powerful stem cells from mouse skin and used these to generate fertile live mouse pups.

They used induced pluripotent skin cells, or iPS cells — cells that have been reprogrammed to look and act like embryonic stem cells. Embryonic stem cells, taken from days-old embryos, have the power to morph into any cell type

and, in mice, can be implanted into a mother's womb to create living mouse pups.

Their experiment, published in Nature, means it is theoretically possible to clone someone using ordinary connective tissue cells found on the person's skin, but the experts were quick to distance themselves from such controversy.

"We are confident that tremendous good can come from demonstrating the versatility of reprogrammed cells in mice, and this research will be used to ... understand the root causes of disease and lead to viable treatments

and cures of human afflictions," said Fanyi Zeng the Shanghai Institute of Medical Genetics

at Shanghai Jiao Tong University.

"It would not be ethical to attempt to use iPS cells in human reproduction. It is important for science to have ethical boundaries," she said, adding their study was "in no way meant as a first step in that direction.'

Share your stories about Edmonton

UrbanCompass Terence **Harding**

metronews.ca/harding

If you're on Facebook you may have seen the ad that encourages you to tell your stories about living in, working in, or visiting Edmonton.

Submitting makes you eligible to win a prize of \$5,300 of your hard-earned tax dollars. A written or audio story makes you eligible for a prize of \$3,500. This site has been up and running for a few months, so it is worth taking a look at what's on it

In such a creative city, one would expect to find

thousands of entries. No The bad news is the resuch luck. At the time I am writing this, there are only 170 stories on the site.

Even more depressing is that only 93 to the site. how to tell have paid for by the city's just asked communication mayens.

More depressing still is the lack of comments on the stories that have been post-

The good news is that given the paltry number of entries, you would stand a pretty good chance of winning if you submit a story.

sponse to this initiative has been underwhelming to say the least. There's no

the

site, so

hard to

page

The

counter "Rather than it's of those sto- paying a Torontotell ries are actu-ally submit-ted by visitors firm to advise us on many views there's been. most popular The remain- Edmonton's story, story has had ing 77 stories and videos the word wallahs at 3,400 views. Not too shabbeen the city should have by you say. But let's put that number Trofimuk." into perspective.

Thomas Trofimuk is not a name you are probably familiar with. But you are probably going to hear it a lot in the next few months. Trofimuk is one of those creative types of which this city is so proud.

His third novel, Waiting

for Columbus, which by all accounts is likely to be a bestseller and which is being considered for a movie, will be in stores in late August in Canada, the United Britain. and States Trofimuk has his own web site that gets about 500 unique hits a month from all over the world, and to date he has had more than 50,000 page views. Those are impressive numbers for a guy with no tax dol-lars to use to get his name out to the world.

So what's my point here? Well, maybe rather than paying a Toronto-based consulting firm to advise us on how to tell Edmonton's story, the word wallahs at the city should have just asked Trofimuk.

Terence Harding is a corporate communicator He's a keen observer of all things Edmonton; edmontonletters@metronews.ca.

Metro Online Poll Results



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Caisse de Depot et Placement du Quebec, one of Canada's biggest pension fund managers, appointed Roland Lescure to the post of chief investment officer on Thursday. REUTERS

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Business

McDonald's shares slide after modest rise in sales

McDonald's Corp reported lower-than-expected June same-store sales Thursday and its shares fell 4.9 per cent after the top-performing restaurant chain only matched Wall Street's profit view.

"The problem is that good isn't good enough for these guys," said RBC Capital Markets analyst Larry Miller, who said as McDonald's shares approach \$60 US, the company needs to show growth catalysts to lift its stock.

As part of its second-

ald's reported June sales at established restaurants rose 1.8 per cent in the United States, 4.7 per cent in Europe and 0.3 per cent in the region that in-cludes Asia and the Pacific, the Middle East and

Africa. That was a 2.6 per cent increase for established restaurants across all re-

gions in June

when analysts were expecting a cent rise, according to RBC Capital Markets. McDonald's — one of the

restaurant

chains still reporting same-store sales gains - said it remains confident in its out-McDonald look for the year and it expects July sales in stores open at least 13 months to be similar to. or better than

large

few

Iune's.

EnCana profit plunges but oilsands still prove steady

ENERGY EnCana Corp. Canada's biggest energy company, said Thursday its second-quarter profit fell 80 per cent as oil and gas prices sank, but operating results beat expectations on a strong showing from its oilsands division.

EnCana shares jumped \$1.28, or two per cent, to \$58.93 on the Toronto Stock Exchange. They are up about 3.5 per cent so far this year.

The company also benefited from its lucrative forward sales of natural gas which protected much of its production from the impact of sagging North American gas demand and weak prices.

REUTERS

Business in brief

AUTO Ford Motor Co. posted a \$2.3 billion US quarterly net profit, mainly due to gains from a \$10 billion US debt reduction plan, and said it was

on track to at least break even in 2011, sending its shares up as much as 9.7 per cent. Ford's operating loss narrowed from a year ago and was better than analysts had expected, despite poor global markets that helped push General Motors and Chrysler into bankruptcy. REUTERS

REUTERS



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Overall leader Alberto Contador took a giant step towards his second Tour de France victory when he humbled the time trial specialists over 40.5 kms to take the 18th stage on Thursday. Lance Armstrong made it back on the overall podium, 5:25 behind his Astana teammate, to sit third. Andy Schleck remains in second. REUTERS





Buehrle achieves perfection

day. Buehrle (11-3) got a great catch from centre fielder DeWayne e leading off the ninth inning to save the bid when he robbed Gabe ler of a home run. U.S. President Barack Obama, a White Sox fan, later called Buehrle to congratulate him. METRO NEWS SERVICES



lex Despatie hates to lose and you have to love that. At the world aquatics championships in Rome, Italy, Thursday, Despatie won a bronze medal on the three-metre springboard behind divers from China and the United States, his second medal of the championships, but there was no celebration — no claim that he's over the moon with the result.

"There wasn't anything really spectacular today, Despatie deadpanned in the aftermath. "There certainly wasn't from me anyways.

Indeed, the most decorated diver in this country's history was very good, but not up to his often spectacular standards. With one dive left to deliver and ranking second he had a world championship within his grasp, but came up short. He was forced to settle for third and the eighth medal of his illustrious world championship career to go along with two Olympic silver medals.

"I guess I'm on the podi-

Sports in brief **STATEMENT** Pittsburgh Steelers

quarterback Ben Roethlisberger

made his first public comments

after being accused of sexual as-

sault in Nevada and vehemently

denied the allegations. A civil

lawsuit was filed last week in

Nevada by an employee of a

charges have been filed.

Lake Tahoe hotel. No criminal

It's been a difficult couple of years for Despatie. He fought back from a broken bone in his foot to win a dramatic silver in Beijing last summer. This competitive year has been a near washout because of an aching back. Still, he sets his jaw and loves to compete in pressure-filled situa-tions and that's been his trademark since winning a Commonwealth Games ti-tle in 1998 in Malaysia as a tiny 13-year-old.

'He's the most prolific diver ever in Canada, bar none," said Penny Joyce, the head of Diving Canada.

At 24, Despatie has been at or near the top of his game for more than a decade and suddenly he's the senior diver on the team. He's led the way for a long time and he's bound to keep paving the way in the future. This time he was forced to settle.

"I got a bronze medal, so I guess I can't be mad about that," Despatie shrugged.

But he clearly was angry and that's probably a good

Alex Despatie will likely resurface as the monarch of the diving world someday

Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. He has covered professional and amateur sports including nine Olympic games and numerous world championships.

CANADIAN OPEN American

Kevin Na birdied his final five

holes to grab the clubhouse

lead in the first round of the

rain-hit Canadian Open on

Thursday. Na sits at 9-under.

Mike Weir shot a 1-under 71

a rainy opening day.

and sits eight strokes back after

METRO NEWS SERVICES

Despatie digs deep Indy honours military



GRAHAM MCCANN for Metro Edmonton

Canadian soldiers will be getting some special recognition this weekend, as the official Grand Marshall for the 2009 **Edmonton Indv was** unveiled Thursday.

Canadian Forces Warrant Officer David George Shultz is going to wave the flag and shout the famous words "Ladies and Gentleman, Start Your Engines," as the drivers are unleashed to the track.

"I am truly honoured and excited like you can't imag-ine," said Warrant Officer Shultz.

Warrant Officer Shultz has served six overseas deployments since beginning



Canadian Indycar racer Alex Tagliani, left, explains the various functions of the steering wheel he'll be using this weekend to Warrant Officer David George Shultz, who has been named the Grand Marshall of the 2009 Rexall Edmonton Indv.

his service in 1988, including Croatia, Bosnia, and, most recently, two in Afghanistan that included combat and emergency missions.

"We are very lucky, privileged, to have people like Dave to protect us and be involved in anything that

racer Alex Tagliani, who posed for photos Shultz in front of his car.

"This is a big event for Canada when they're calling a guy like him to represent our country and to show up in front and say those most famous words ... it gives you chills as a driv-Tagliani added.

er," Tagliani added. Shultz also recalled the people he served with and those who were lost and injured in Afghanistan.

"It's a little tough to think about everything, but the troops that I had out there. they're the ones that deserve the recognition," he

Shultz now serves as Regimental Veterans Care Warrant Officer for Princess Patricia's Canadian Light In-

The Rexall Edmonton Indy revs up it's engines Friday and speeds through Sunday.

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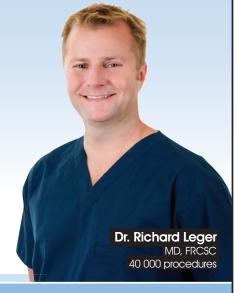
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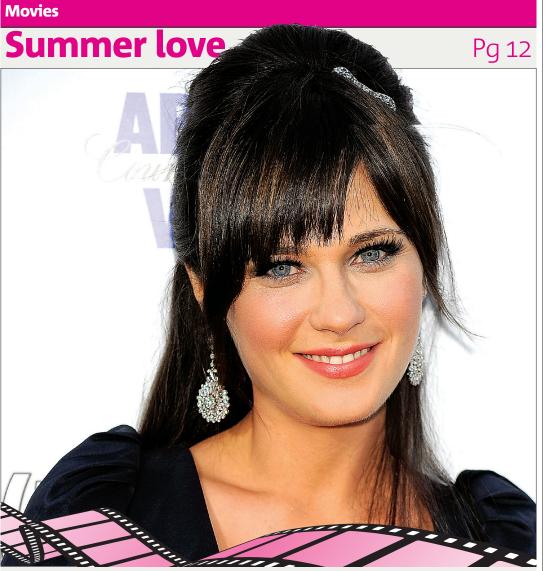
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Weekend, July 24-26, 2009 metronews.ca

Visit metronews.ca/movies to get showtimes, watch trailers and read reviews.

Movies&Entertainment

EDITOR: DEAN LISK@METRONEWS CA



Zooey Deschanel admits she was particularly drawn to her role in (500) Days of Summer, as the title character, because of its more contemporary take on love and relationships. "So what keeps people together?" she asks. "That's the question."



The Ugly Truth's a raunchy rom-com without the laughs.



Our Lady Peace rebounds, this time as an indie band.



Comic Con reveals new goodies at "Nerd Prom."



The Ugly Truth ##, G-Force ##, Orphan ●●●, The Hurt Locker ●●●

Movies

●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Romancing Zooey

Zooey Deschanel has been getting as much acclaim for her music — with producer M. Ward in the group She & Him — as she has for her acting.

So it's no wonder that with a voice like hers, filmmakers often try to work some singing into her roles. Only, Deschanel wishes they wouldn't.
"I try to avoid it, actually.

Not avoid it, but I'm kind of skeptical of it," she says of breaking into song onscreen.

"It's happened to me a lot where they say, 'We have to figure out an opportunity for you to sing!' You really don't," she deadpans.

The actress does break into song in her latest film, (500) Days of Summer, but this time it's totally OK, she insists: "It was just karaoke." (She also contributes to the film's soundtrack.)



Joseph Gordon-Levitt and Zooev Deschanel star in the off-beat relationship flick (500) Days of Summer.

Movie **feature**

In the film, Deschanel and co-star Joseph Gordon-Levitt bond over some afterwork singing, and as luck would have it the two actors, who've been friends for 10 years, had some personal experiences to draw upon.

"Joe got kicked out of karaoke once," Deschanel remembers. "He wasn't

drunk or anything. He just got so into the song that he started pulling down the curtains, and the karaoke guy was like, 'I'm sorry, sir. You have to go." The song, it turns out, was the Black Crowes version of Hard to Handle. "The stage was just too small for him," she says. "It wasn't his fault."

Deschanel plays the titular Summer in the film, an out-of-order retelling of a

On the web

For movie trailers, photos and screen times or to buy tickets — visit metronews.ca/movies.

romance from the per spective of the guy (Gordon-Levitt). Summer is presented as the perfect woman, a sly beauty who's left a trail of destruction and broken hearts in her

Being considered for such a role is big ego boost, Deschanel admits.

"I was very flattered. But if they had picked just one of those girls that everyone normally thinks is beautiful, I don't think that would've worked. Because this is partially romanticizing a little bit of quirkiness.

(Gordon-Levitt is quick to point out that De-schanel is very beautiful, by the way.)

The Hurt Locker a tight thriller

The Hurt **Locker**

Director: Kathryn Bigelow Stars: Jeremy Renner Classification: STC Rating: 🕮 🏶 🏶

STEVE GOW for Metro Canada

REVIEW If "war is a drug," as states the on-screen quote at the beginning of The Hurt Locker, then its main character is clearly an addict.

In the latest movie to ponder the subject of war, The Hurt Locker takes a fresh approach to the recent glut of Iraq-themed films (Stop-Loss, Redacted, etc...) by pointing the camera specifically at troopers assigned to disable stray bombs.

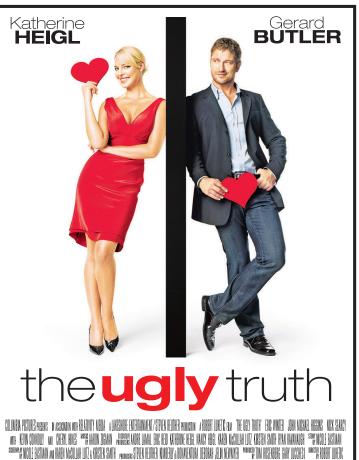
Whereas previous Iraqfilms suffered through audience indifferthis Kathryn

Bigelow-helmed wins big by focusing more on the nail-biting suspense of Man versus Improvised Explosive Device.

Don't get me wrong. It's not all about unseen ene-

There is still the added uneasiness of omnipresent locals who purvey the soldiers with suspicious, unknowing eyes. But it is just that apprehension that Bigelow (Point Break) captures throughout the film, giving it a thoroughly engaging heftiness.

Jeremy Renner Weeks Later) stars (28 James, the leader of the bomb squad who constantly unnerves his fellow soldiers with his recklessness. Based on journalist Mark Boal's experience while embedded with such a squad, this film works more as a fascinating character study than an actionpacked thriller.



TheUglyTruth.ca

TARTS TODAY Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

14 SEXUAL CONTENT, LANGUAGE MAY OFFEND



movies&entertainment 13

Movies

●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ●



Gerard Butler and Katherine Heigl get up close and very personal in The Ugly Truth.

As Ugly as they come

The Ugly Truth

Director: Robert Luketic Stars: Katherine Heigl, Gerard

Classification: STC Rating: ##%

CHRIS ALEXANDER for Metro Canada

If you're going to call your film The Ugly Truth then you better be sure it's a masterpiece because if it's not, every film critic who lays eyes upon it will simply stand back and let the title review itself.

And make no mistake, the skinny on this pedestrian rom-com migrainemaker ain't terribly pretty.

Grey's Anatomy sexpot Katherine Heigl stars as Abby, a TV morning show producer who gets her feathers ruffled by Mike, played by Gerard Butler, a knuckle

dragging hunk who has been hired on as an on-air love advice columnist.

Mike's claim to fame is that he swears to tell "the ugly truth" about male/female relations; lurid from the hip wisdom with little care placed on who he might offend. But although Abby generally loathes her popular star's sexist ramblings, she decides to take a page out of Cyrano De Bergerac and use him to help her get with her neighbour.

This being the sort of movie it is, guess who she really ends up with...

From tender roles in stuff like the underrated Dear Frankie, to the macho action hero antics of 300, to pseudo-hip fluff like Rockn-Rolla, Butler is a seriously strong screen presence and here he proves that he also has a great sense of comic

Watching him spew out cheerfully rude vulgarites,

smirking and smoldering is amusing and hints at the go for the throat picture screenwriters Nicole Eastman and Karen McCullah were trying for. The character (and the actor) be-

longs in a better film.

Director Robert Luketic
(Monster In-Law) never finds the right tone to make any the faux-screwball shenanigans anything more than an exercise in forced, fast talking (and filthy) foolishness. Even Heigl, so endearing in equally smut-lite comedies like Knocked Up can't save it and genuine laughs are few and far between (though an over the top scene featuring Heigl and a pair of electric panties is pretty funny... again, if only it were in a better, braver film).

Raunchy but safe and predictable, The Ugly Truth just ends up being unlikable. And Ugly. That's the

Child actor fiery G-Force usual presence in Orphan

G-Force

Director: Hoyt Yeatman Stars: Sam Rockwell, Tracy Morgan, Penelope Cruz Rating: 🕮

kiddie fare

DOROTHY ROBINSON Metro World News

REVIEW If the thought "You know what I could really use to entertain me? A Jerry Bruckheimer flick about guinea pigs who are secretly government spies," has never crossed your mind, then you could probably skip G-Force. But in all honesty, you

could do worse than the Disney kiddie flick, based on the simple fact that the 3-D graphics are so cool.

Orphan

Director: Jaume Collett-Serra Stars: Vera Farmiga, Peter Sarsgaard Classification: STC

NED EHRBAR Metro World News

Rating: 🕮 🕮

REVIEW The latest addition to the canon of creepy kid characters is a doozy: Esther, the titular ward of Orphan, is poised, polite, preternaturally talented and dresses like an American Girl doll. And then there's that creepy stare, which sends chills down the spine when it transforms into a glare.

Do not cross Esther. Is-

abelle Fuhrman. plays Esther, is terrifyingly good. In fact, she's the best thing about Orphan by far.

Vera Farmiga plays a guiltridden Connecticut mother of two whose drinking caused the death of her unborn third child. Haunted by nightmares and just generally mopey, she assures her husband (Peter Sarsgaard) that she's ready to try again, this time looking to bring a child into their home via adoption.

Surrounding the complex portrait of a yuppie mar-riage disintegrating, there's still a scary movie to get to. Unfortunately, the filmmakers rely on cheap scares and misdirection to get



14

Cineplex

Magic Lantern

Independent

Screen Times

This week's new releases are highlighted in pink.

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 24 TO THURS., JULY 30. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

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Brüno (18A) Stadium Seating. Dolby Stereo Digital, No Passes Fri-Tue 12:20-3-6:30-9 Stadium Seating, Dolby Stereo Digital, No Passes Wed 12:20-3-9 Stadium Seating, Dolby Stereo Digital, No Passes Thu 12:20-3-6:30-9

G-Force (G) No Passes Fri-Thu 12:10-2:30-4:50-7:10-9:30

The Hangover (18A) Stadium Seating, Dolby Stereo Digital Fri-Thu 1-4:30-7:20-9:50

Harry Potter and the Half-**Blood Prince** (PG) No Passes, Stadium Seating Fri-Thu 12-12:30-3:30-4-7-7:30-10:30

Opus Arte: Last Night of the Proms (STC) Digital Presentation Sat-Sun 11

Orphan (18A) DTS Digital, Stadium Seating, No Passes Fri-Thu 12:50-3:40-6:50-10

Public Enemies (14A) Dolby Stereo Digital, No Passes, Stadium Seating Fri-Thu 12:40-3:50-7:05-10:15

Transformers: Revenge of the Fallen (PG) Stadium Seating, Dolby Stereo Digital Fri 12:15-3:45-7:15-10:40 Stadium Seating, Dolby Stereo Digital Sat-Sun 3:45-7:15-10:40 Stadium Seating, Dolby Stereo Digital Mon-Thu 12:15-3:45-7:15-10:40

The Ugly Truth (14A) Stadium Seating, Dolby Stereo Digital Fri-Thu 12:45-3:15-6:40-9:15

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G-Force (G) No Passes Fri-Thu 12-2:20-4:45-7:10-9:30

The Hangover (18A) Fri-Thu 1:50-4:40-7:20-9:50

Harry Potter and the Half-**Blood Prince** (PG) No Passes Fri 11:50-1-3:20-4:30-6:40-8-10 Sat-Thu 11:50-1-3:20-4:30-6:40-8-10

Ice Age: Dawn of the Dinosaurs (G) Fri-Thu 2-4:20-6:55-9:15

Orphan (18A) No Passes Fri-Thu 12:50-3:50-6:50-9:45

The Proposal (PG) Fri-Thu 1:10-4-6:45-9:40

Transformers: Revenge of the Fallen (PG) Fri-Thu 11:55-3:15-6:35-9:55

The Ugly Truth (14A) Fri-Thu 1:30-4:10-7-9:25

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The Hurt Locker (14A) Fri 6:45-9:15 Sat-Sun 2-6:45-9:15 Mon-Thu

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MOVIES 12 5074 130 Ave., 780-472-9779

Angels & Demons (14A) Fri-

Thu 1:15-4-6:50-9:50

Drag Me to Hell (14A) Fri-Sat 2-4:50-7:30-10-12:15 Sun-Thu 2-4:50-7:30-10

Hannah Montana: The Movie (G) Fri-Sat 1:40-4:35-7:05-9:30-11:45 Sun-Thu 1:40-4:35-7:05-

Imagine That (G) Fri-Sat 1:20-

ONE FREE

MEDIUM POPCORN

4:15-6:50-9:15-11:35 Sun-Thu 1:20-4:15-6:50-9:15

Land of the Lost (PG) Fri-Sat 1:45-4:40-7:10-9:35-11:50 Sun-Thu 1:45-4:40-7:10-9:35

Luck (Hindi w/e.s.t.) (STC) Fri-Sat 1:05-4:05-7:45-10:45 Sun-Thu 1:05-4:05-7:45

Monsters vs. Aliens (G) Fri-Thu 1:50-4:45-7:20-9:30

My Life in Ruins (PG) Fri-Sat 1:25-4:15-7-9:20-11:30 Sun-Thu 1:25-4:15-7-9:20

Night at the Museum: Battle of the Smithsonian (PG) Fri-Sat 1:30-4:20-7-9:25-11:40 Sun-Thu 1:30-4:20-7-9:25

The Taking of Pelham 123 (14A) Fri-Sat 1:35-4:10-7:15-9:45-12 Sun-Thu 1:35-4:10-7:15-9:45

Terminator Salvation (14A) Fri-Sat 1:20-4:05-6:55-9:40-12:05 Sun-Thu 1:20-4:05-6:55-9:40

X-Men Origins: Wolverine (14A) Fri-Sat 1:55-4:30-7:25-9:55-12:15 Sun-Thu 1:55-4:30-7:25-9:55

> NORTH EDMONTON CINEMAS 14231 137th Ave., 780-732-2236

Brüno (18A) Fri-Thu 1-3:10-5:30-8-

G-Force in Disney Digital 3D (G) No Passes Fri-Thu 12:20-

2:30-4:50-7:15-9:30

The Hangover (18A) Fri-Thu 1:50-5-7:50-10:15 Harry Potter and the Half-

Blood Prince (PG) No Passes Fri-Tue 12-1:15-2:15-3:30-4:45-6:20-7-8:15-9:50-10:30 No Passes Wed 12-2:15-3:30-4:45-6:20-7-8:15-9:50-10:30 No Passes Thu 12-1:15-2:15-3:30-4:45-6:20-7-8:15-9:50-10:30 Star & Strollers Screening, No Passes

I Love You, Beth Cooper (14A) Fri-Thu 1:30

Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 12:30-2:45-5:20-7:45-10:05

My Sister's Keeper (14A) Fri-Thu 4-6:40-9:10

Orphan (18A) No Passes Fri-Thu 1:20-4:30-7:30-10:25

The Proposal (PG) Fri-Thu 1:40-4:15-6:50-9:20 Public Enemies (14A) Fri-Thu

12:10-3:40-6:45-9:45 Transformers: Revenge of

the Fallen (PG) Fri-Thu 12:15-3:50-7:10-10:20 The Ugly Truth (14A) No Passes

Fri-Thu 12:40-2:50-5:10-7:40-10:10 Up (G) Fri-Thu 11:50-2:20-4:40-

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Brüno (18A) Fri-Thu 12:20-2:50-5:15-7:50-10:20

Force in Disney Digital 3D (G) No Passes Fri-Thu 11:40-2-4:30-6:50-9:15

The Hangover (18A) Fri-Tue 1:30-4:50-8-10:45 Wed 1:30-4-10:45 Thu 1:30-4:50-8-10:45

Harry Potter and the Half-**Blood Prince** (PG) No Passes Fri-Tue 11:30-12-1:15-2:55-3:30-4:45-6:30-7-8:15-10-10:30 No Passes Wed 11:30-12-2:55-3:30-4:45-6:30-7-8:15-10-10:30 No Passes Thu 11:30-12-1:15-2:55-3:30-4:45-6:30-7-8:15-10-10:30 Star & Strollers Screening, No Passes Wed 1

Harry Potter and the Half-Blood Prince: The IMAX Experience (PG) No Passes Wed-Thu 11:45-3:15-6:45-10:15

Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 11:50-2:10-4:40-7:10-9:40 Orphan (18A) No Passes Fri-Thu

1:10-4:10-7:30-10:40 The Proposal (PG) Fri-Thu 1-4-

7:20-9:50

Public Enemies (14A) Fri-Thu 12:30-3:40-6:40-9:45 Transformers: Revenge of

the Fallen (PG) Fri-Sat 12:15-3:45-7:15-10:45 Sun 12:15-10:45 Mon-Thu 12:15-3:45-7:15-10:45

Transformers: Revenge of the Fallen: The IMAX Experience (14A) Fri-Tue 11:45-3:15-6:45-10:15

The Ugly Truth (14A) No Passes Fri-Thu 12:10-2:40-5:10-7:40-10:10 **WWE Night of Champions** 2009 (STC) Sun 6

> **SOUTH EDMONTON** COMMON 1525 99th St., 780-436-8585

Brüno (18A) Fri-Thu 11:35-2:10-4:40-7:50-10:20

G-Force (G) No Passes Fri-Thu 12:45-3:15-5:25-7:45-10:10 **G-Force in Disney Digital** 3D (G) No Passes Fri-Thu 11:50-2.12-4.42-2.50-0.42

The Hangover (18A) Fri-Sat 1:15-4-7:10-9:50 Sun 1:15-7:10-10:05 Mon-Thu 1:15-4-7:10-9:50

Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Wed 11:30-12-2-3-3:45-5:30-6:30-7:15-9-10-10:40 No Passes Thu 11:30-12-3-3:45-5:30-6:30-7:15-9-10-10:40 No Passes Fri-Thu 9:30 Star &

Strollers Screening, No Passes Thu 1 The Hurt Locker (14A) Fri-Thu 1:20-4:20-7:30-10:35

Moon (14A) Fri 7-9 Sat-Sun 2:30-7-Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 12:10-2:40-5:10-7:35-10

Metropolitan Opera: Eugene Onegin (STC) Sat 11 My Sister's Keeper (14A) Fri-Wed 11:25

Orphan (18A) No Passes Fri-Thu 1:25-4:25-7:25-10:45 The Proposal (PG) Fri-Thu 1:10-

Public Enemies (14A) Fri-Thu 12:15-3:50-7-10:05

Star Trek (PG) Fri 11:40-3:20-

6:40-9:50 Sat 3:20-6:40-9:50 Sun 11:40-3:20-9:50 Mon-Wed 11:40-3:20-6:40-9:50 Thu 11:40-3:20-9:50 **Transformers: Revenge of**

the Fallen (PG) Fri-Thu 11:45-3:10-6:45-10:40 **The Ugly Truth** (14A) No Passes Fri-Wed 12:05-2:35-5:05-7:40-10:15

No Passes Thu 12:05-2:35-4:45-7:40-10:15

Up in Disney Digital 3D (G) **WWE Night of Champions** 2009 (STC) Sun 6

TELUS WORLD OF SCIENCE Edmonton Space And Science Centre, 1121-142 St., 780-451-3344

Fly Me to the Moon (G) Fri-11-3 Sun 11-3-6 Mon 11-3 Tue 11-3-6 Wed 11-3 Thu 11-3-6

Grand Canyon Adventure: River at Risk (STC) Fri-Thu 2-5 Van Gogh: Brush With Genius (STC) Fri-Sat 12-4-6 Sun 12-4 Mon 12-4-6 Tue 12-4 Wed 12-4-6 Thu 12-4

Wild Ocean (STC) Fri-Thu 1-7

WESTMOUNT CENTRE 111 Ave. & Groat Rd., 403-455-8726

Harry Potter and the Half-Blood Prince (PG) Dolby Stereo Digital, No Passes Fri-Sun 12-3:30-6:50-10:10 Dolby Stereo Digital Mon-Thu 12-3:30-6:50-10:10

Public Enemies (14A) Dolby Stereo Digital Fri-Thu 12:15-3:40-6:35-9:55

Transformers: Revenge of **the Fallen** (PG) DTS Digital Fri-Thu 11:45-3:10-6:25-9:45 The Ugly Truth (14A) DTS Digi-

tal Fri-Thu 12:30-3-7-9:30 GRANDIN THEATRES 101-22 Sir Winston Churchill Ave., St. Albert, 780-458-9822

Brüno (18A) Fri-Thu 8:15-9:45 G-Force (G) No Passes Fri-Thu 1-

2:45-4:30-6:15-8-9:40 Harry Potter and the Half-Blood Prince (PG) Fri-Thu 12:40-3:35-6:30-9:20

Ice Age Dawn Of The Dinosaurs (G) Fri-Thu 1:05-2:50-4:35 -6:25

Orphan (18A) No Passes Fri-Thu 1:30-4:30-7:05-9:30

Transformers Revenge Of The Fallen (PG) Fri-Thu 1:05-3:50-6:40-9:25

> PARKLAND CINEMA 130 Century Crossing, Spruce Grove, 780-962-2332

G-Force (G) Fri 7:10-9:10 Sat-Sun 1:10-3:10-7:10-9:10 Mon 7:10-9:10 Tue 1:10-3:10-7:10-9:10 Wed 7:10-9:10 Thu 1:10-3:10-7:10-9:10

Harry Potter And The Half Blood Prince (PG) Fri 6:30-9:25 Sat-Sun 12:30-3:25-6:30-9:25 Mon 6:30-9:25 Tue 12:30-3:25-6:30-9:25 Wed 6:30-9:25 Thu 12:30-3:25-6:30-9:25

Ice Age Dawn Of The Dinosaurs (G) Fri 6:55-9 Sat-Sun 12:55-3-6:55-9 Mon 6:55-9 Tue

12:55-3-6:55-9 Wed 6:55-9 Thu 12:55-3-6:55-9 The Proposal (PG) Fri 7:05-9:15 Sat-Sun 1:05-3:15-7:05-9:15 Mon 7:05-9:15 Tue 1:05-3:15-7:05-9:15

Wed 7:05-9:15 Thu 1:05-3:15-7:05-

9:15 Orphan (18A) Fri 6:50-9:20 Sat-Sun 12:50-3:20-6:50-9:20 Mon 6:50-9:20 Tue 12:50-3:20-6:50-9:20 Wed 6:50-9:20 Thu 12:50-3:20-6:50-9:20

Transformers Revenge Of The Fallen (PG) Fri 6:45-9:30 Sat-Sun 12:45-3:30-6:45-9:30 Mon 6:45-9:30 Tue 12:45-3:30-6:45-9:30 Wed 6:45-9:30 Thu 12:45-3:30-6:45-9:30 The Ugly Truth (14A) Fri 7-9:05 Sat-Sun 1-3:05-7-9:05 Mon 7-9:05 Tue 1-3:05-7-9:05 Wed 7-9:05 Thu 1-3:05-7-9:05 Movies For Mommies Tue 1

GALAXY CINEMAS SHERWOOD PARK 2020 Sherwood Dr., Sherwood Park 780-416-0152

Brüno (18A) Fri-Thu 7:50-10:10 G-Force (G) No Passes Fri-Thu 12-2:30-4:45-7:10-9:25

The Hangover (18A) Fri-Thu 1:45-4:30-7:40-10:20

Harry Potter and the Half-Blood Prince (PG) Fri-Thu 11:30-12:15-2:45-3:40-6:15-7:15-9:45-

Ice Age Dawn Of The Dinosaurs (G) Fri-Thu 11:45-2:20-4:50-7:30- 9:40 Orphan (18A) Fri-Thu 1:15-4:10-

7:45-10:40 The Proposal (PG) Fri-Thu 1:30-4-7:20-9:50

Public Enemies (14A) Fri-Thu 12:20-3:20 **Transformers Revenge Of**

The Fallen (PG) Fri-Thu 12:10-3:30-6:45-10 The Ugly Truth (14A) No Passes

Fri-Thu 1-4:15-7-9:30



metronews.ca metro movies&entertainment **15**

Music



Our Lady Peace avoids burn out

Rock act's self-produced new record is looser, paired back and more relaxed

BRYAN BORZYKOWSKI for Metro Canada

"It took us six other records to figure out how we truly wanted to make records. That might sound strange coming from Raine Maida, the singer of Our Lady Peace, one of Canada's most successful rock acts. The band has made plenty of massively popular discs before, so why now does he feel like he's finally figured things out?

We did it on our own," he says on the phone from Los Angeles. "It's back to the way this band begun. It was just the four of us trusting our instincts."

Maida's referring to the fact that he and his cohorts - bassist Duncan Coutts, drummer Jeremy Taggart and guitarist Steve Mazur - are now an indie band, after departing Sony Music in the last couple years.

They produced their new album, Burn Burn, on their own, mostly in Maida's L.A. studio, and they're self-releasing their disc. (Though major labels are distributing the album.)
Going the do-it-yourself

route was a must for the band — if they didn't break free from their label they would have likely broken up.

"We wanted a record we could play live ... we said from the beginning if it sounds good in a live room then that's going to make the record. We didn't want a bunch of overdubs." Raine Maida

"If we didn't do something like this, after what happened on the last record, I don't know if there would have been another record," says Maida.

The Toronto-raised singer explains that the previous disc, Healthy in Paranoid Times, took three years to make after the la-bel kept pushing the band to produce singles.

The music industry was falling apart, so unlike previous records, where Maida says the band was pretty much free to do what they wanted, this time around Sony wanted to make sure they had a big hit on its

"We've never gone into the studio trying to write a hit," he says. "But all of the sudden it was like we need an actual hit. We're always striving to make great records, but it got so convoluted with all that other music business BS.'

Getting back to basics really has helped the band. Maida sounds rejuvenated. and the record is definitely

improvement Healthy in Paranoid Times. While the band is still churning out epic rock 'n' roll, the record is looser, paired back and more relaxed.

We wanted a record we could play live," says Maida. "You can abuse the studio very easily by getting caught up with the all the tech. You can fix something, add this in — we said from the beginning if it sounds good in a live room then that's going to make the record. We didn't want a bunch of overdubs.'

Armed with the new disc and newfound perspective on the music business, Maida sounds certain that Our Lady Peace's brush with a breakup is in the past. Now he's ready to hit

"We feel it's really time to get back to that real connection with fans where it's very visceral," he says. "We're in amazing place right now. In fact, I can't think of a better position to be in.'

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1. Leave This Town, Daughtry; 2. BLACKsummers'night, Maxwell; 3. Hannah Montana 3 Soundtrack; 4. NOW 31, Various Artists; 5. The E.N.D., The Black Eyed Peas. METRO NEWS SERVICES

Music

Programs for the music geek



his is one of those clip 'n' save sort of columns where you'll want to discreetly tear out this page because you will want to try out these programs.

Lyric Rat (lyricrat.com): Have you ever been in an over who does a certain song? Send whatever lyrical fragment you can recall to this free Twitter application (@LyricRat) and it will reply with the title, the artist and a link where you can read more. Great for settling bar bets.

Shazam (iTunes.com): When a cheesy retro song from the '80s came on in a bar in Singapore where I was visiting with friends, a debate broke out over the name of the artist. I just whipped out my iPhone, cranked up my free Shazonds, I had the answer. Shazam uses your iPhone mic to "listen" to a song and then compares it to a master database. It's not perfect, but it's close enough to make you reconsider the existence of magic. (By the way, the song was Who's Johnny by El

Debarge.)
Songkick (songkick.com): I once had an idea for a concert wiki where everyone could upload set lists and reviews for every concert ever performed. Turns out that someone had the same (but better) idea. Songkick allows members to add details of any show to a vast, growing database of gigs past. As of this week, the number of catalogued shows is approaching 1.1 million.

Space Oddity Remixer (iTunes.com): Bowie's career was going nowhere until the BBC started using Space Oddity in their coverage of the Apollo 11 mission. In commemoration of the 40th anniversary of man on the moon, a new app from iKlax allows iPhone users (or with Garageband on the Mac) to try and improve on the original Major Tom story by remixing it. Think the vocals should be tweaked? The mellotron part was always too loud for you? Fix it. Lots of fun for \$1.99.

The Tuesday Guide (tuesdayguide.blogspot.com): In Canada, 99 per cent of all new releases come out on Tuesdays. Wouldn't it be great to automatically

get a list of the week's



Stumped by that song being played at the local bar? The Shazam app on the iPhone can help you determine the name and artist

new CDs, complete with artwork, mini-reviews and links to buy the downloads? The Toronto-based Tuesday Guide takes care of all the details. You can either visit the website or, as I do, sign up for the weekly newsletter. Indispensable.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

Metro recommends

Live in Austin 2008 **Drive-By**

Truckers This mix of the southern rock act's twangy ballads and

raucous classics was recorded live at Austin City Limits. Horehound, The Dead

Jack White's latest supergroup delivers dark and dizzying alt-

rock filled with gritty grooves and sinister blues.

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Television

Winehouse denies assault

TRIAL British singer Amy Winehouse told a London court on Thursday that she pushed a woman after a charity ball last September because she had been scared of her, but denied her in the face.

Dancer Sherene Flash has accused the 25-yearold star of punching her in the eye after she had asked the Grammy winner

to pose for a photograph. "She (Flash) moved her left arm to lean down to me and tried to pose next to me." Winehouse told the City of Westminster Magistrates' Court in London, where she appeared in a grey suit and wearing her hair in her trademark beehive style.

"Her friend came round in front of us and started taking a picture," the Press Association quoted her as saying.

"I was like, 'Do I get a choice in this, hello?' I pushed her up, like away. I wanted her away from me. It was more like an indication of 'leave me alone, I'm scared of you'.

meant to just get her away from me. was scared. I thought, people are mad Winehouse



these days, people are just rude and mad, or people can't handle their drink."

Flash said earlier that Winehouse appeared to be drunk or under the influence of drugs when the incident occurred.

Flash admitted she had had several alcoholic drinks that evening but denied being drunk. She said Winehouse "punched forcefully in my right eye," adding that she was shocked and began to cry.

Her lawyer added: "This was a deliberate assault by Miss Winehouse.'

The singer won five Grammy awards in 2008 and her album Back to Black won widespread critical acclaim. REUTERS

A lifelong innovator

Big show

Disney's splashy launch

makes sense. In the past

decade, comics have moved

up the entertainment food

chain and are treated like

blockbuster films, with

comics creators launching

new material as events.

and go, but Stan Lee is forever.

At age 86, the grand master of the comic-book world — and the Marvel universe, in particular — is still going strong, creating

a fresh crop of mythic characters with outsize outsize pow-ers and troubled pasts. As he reflects on a landscape that has undergone seismic shift in the past 30 years, Lee is

far from out of ideas or ambition.

"People usually retire be-cause they can finally stop working and they'll have the time to do what they really want to do," Lee says. "But I'm doing what I

forced me to spend a day on the golf course, I'd feel I was being tortured!"

Famous for co-creating some of the most enduring comics heroes in history (Spider-Man, Incredible

Hulk, Iron Man, the X-Men. the Fantastic Four), Lee is still innovating. He unleashed his latest creation digital comtitled Time

Jumper yesterday at Comic-Con, a conference he has attended since just after its launch in 1970.

Backed by Disney, the project is made up of serialized five-minute episodes with built-in cliffhangers



At age 86, Stan Lee is still going strong.

that will be released every two weeks through December.

"Once it's premiered on cell phones and the Internet, it could go anywhere," Lee says. "It could become a TV series, it could be-come a movie. We want to start this one slowly and build up the fan following and get the excitement and the mystery behind it

and have people talking about it.'

Disney's initial order is for 10 episodes, with a viral marketing campaign to promote the project and, launched yesterday, a free Time Jumper iPhone application that enables fans to convert photos to comicbook imagery, plus 99-cent episode downloads available on iTunes. REUTERS

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Joely Richardson has joined the cast of Showtime's drama The Tudors. In a five-episode arc on the show's fourth and final season, Richardson will portray Catherine Parr, the sixth and last wife of Henry VIII (Jonathan Rhys Meyers). REUTERS

Television



Actor Seth Rogen unveils Black Beauty, the featured car from The Green Hornet during Comic Con 2009 in San Diego.

Comic Con in full swing

Convention offers sneak peek at Hollywood blockbusters

NED EHRBAR Metro World News

The famed San Diego Comic Con is in full swing this weekend, celebrating its 40th anniversarv with four days of panels, parties and sneak peeks at upcoming blockbusters.

What started as a humble meet-up of comic book enthusiasts has grown into the premiere venue for Hollywood to unveil its latest properties to diehard fans - whether the properties are comic bookrelated or not.

The biggest buzz this year surrounds James Cameron's upcoming Avatar, a 3-D live action film that's been kept carefully under wraps as the famed director has spent the past five years working on it.

But vying for attention is also the latest film in the Twilight series, New Moon. The series

predominantly female fan base adds a **Comic Con** audience will new element to the get the first usually glimpse of Iron male-dominated convention, lovingly ferred to by insid-

ers as "Nerd Prom." Hollywood has learned over the last few years to respect and even indulge the Comic Con audience. The San Diego Convention Center will play host to the first glimpse of Iron Man 2, which is fitting since the first Iron Man had its unveiling here as

Producer Joel Silver, who runs Silver Pictures and Dark Castle Entertainment and was the producer behind the Lethal Weapon and Matrix franchises, fully appreciates the power of the comic book audience.

"I've been involved with comic book stories for a long time," he says. "We bought Watchmen

and Vendetta the late '80s. I lost Watchmen over the years -I wish I hadn't."

Man 2 That film, which made a huge splash at last year's Comic Con, is back to celebrate the director's cut DVD with a screening curated by director Zack Snyder.

But Silver has other proiects he's focused on now, including the fan favorite DC Comics character Lobo. who should be hitting the big screen soon, according to Silver. "Lobo is one I'm very excited about doing," he says. "We've got a script we like."

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	family	17	TREE	553 546	Friend Rabbit	Miss Spider	Bucket-Dinos	Toy Castle	Tipi Tales	Dragon (DVS)		Ni Hao, Kai-lan	
	40	45	FAM		(7:01) Jonas	Latest Buzz	Suite Life	Zoey 101	Zack & Cody	Han. Montana	Superman *** (1978, Science Fig	
		25	A&E		Gene Simmons		Hammertime	Hammertime	Hammertime	Hammertime	Gene Simmons	Family Jewels	Gene Simmons
	_	29	FOOD	603 561	Iron Chef Americ	a	Dinner: Impossib	ole	Restaurant Make		Get on Plate	Food Detective	Iron Chef Am.
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	0	1615	SUPER		The Closer "Goo	d Faith"	Burn Notice		Trust Me	(9:45) Rescue Da	awn ★★★ (2006, V	Var) Christian Bale	9.

Dr. Who out to conquer America

TELEVISION Doctor Who is often seen as a quintessentially English character eccentric fearlessly fighting Daleks and Cybermen with the help of his TARDIS time machine in the shape of a 1950s London police box.

Now the British TV hero is out to conquer America, where, despite enjoying a loyal following, he has yet to compete with other science fiction series like Star

David Tennant, the 10th actor to play Dr. Who since the series started in 1963, has made four special episodes for the BBC series that will be shown in 2009 and 2010.

On July 26 the first episode Doctor Who: Planet of the Dead will be aired on BBC America, part of the British Broadcasting Corporation, and available stores there two days later on DVD and Blu-ray.

'Growing up with Doctor Who, I was aware it had an international life," Tennant

"It has never quite conguered America in the

mainstream. Even now it's still not quite in everybody's consciousness,

though the following it David Tennant has is devot-

ed. BBC America is keen to bridge that gap.'

Tennant, popular with fans since taking over as the Time Lord in 2005, believes that Doctor Who's international popularity may be explained by his being so British.

"That may be part of its appeal overseas, of course, in the same way of (Agatha Christie's) Miss Marple and other British brands," said the 38-year-old Scot. "It's not sci-fi in the traditional American way, it's not jocks in space."

In Planet of the Dead, Dr. Who is trapped on a desert planet without the TARDIS. When a London bus arrives in the same world, he joins forces with the mysterious Lady Christina to get back home, with the unfortunate bus passengers.

Lance fighting cancer

As cyclist Lance Armstrong competes in the Tour de France, he's still making huge strides in his fight against cancer — only this time he's teaming up with Gossip Girl writer Jessica Queller in a video telling the story of her mother's battle with cancer. TYGUIDE.COM

movies&entertainment 19

Going Out

Metro's **7**th **Heaven:** Metro taps what's hot right now

Hell's Kitchen Season 6 TV Sixteen fresh aspirants face the culinary devil celebrity chef Gordon Ramsay and his forked tongue in a season that promises to be "the most shock ing ever." This time the top prize has a Canadian twist. The winner aets to be the head chef of the Araxi restaurant in Whistler, B.C., the home of the 2010 Winter Olympics.

Humpday FILM Straight men gone gay? Not quite — but the Sundance Film Festival favourite definitely ups the ante on the bromance. The story revolves around two thirtysomething male friends who decide to enter a porn contest by filming themselves making love to each other. Much awkward hilarity and revelations about male bonding ensue.

Watchmen **DVD** Here's a thought: Instead of filling the coffers of Michael Bay (the man behind the insufferable Transformers sequel and other such monstrosities), why not rent (or buy) this CGI-driven, superhero flick that's not afraid to show its heart and head? Director Zack Snyder's take on the "unfilmable" comic-book classic may not be perfect but the attempt is bold enough to deserve a second look.

'Splosion Man

VIDEO GAME It's being hailed as the sleeper hit of the gaming world. Available for the Xbox 360 Live Arcade, Twisted Pixel's quirky title about a man who wreaks havoc on evil scientists after breaking loose in a research facility has quietly captured the imagination and hearts of both gamers and critics.

Billy Talent III: Billy Talent ALBUM The Toronto-based screamo rockers knocked out Black Eyed Peas from the No. 1 spot on Canadian charts this week with their third studio effort. It's no fluke either. The foursome accomplished the chart-winning feat in 2006 as well with their second album.

Retro swimwear FASHION You can make a splash without showing a lot of skin — that was the general message at recent Miami Beach fashion shows. Designers displayed many high-waisted and ruffled looks. As for shape, it was all about the bandeau and the monokini (attached bikini) or cutout one-pieces.

The Angel's Game: Carlos Ruiz Zafón **BOOK** The current literary superstar of Spain returns with another novel that's burning up the book charts. But The Angel's Game no straight-up crowdpleaser. The author of the 12-million-selling The Shadow of the Wind conjures up a rare masterpiece — one that perfectly blends low brow thrills with true fictional insight.



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business. He called me to have dinner with him
over the phone. When we finished, he asked
me to go to the freezer – it was there I found
a bowl of Breyers® Double Churn Chocolate
Cheesecake that he had left for me.

Wonderfully satisfied, Colleen



I love eating dinner over the phone, because wearing pants becomes totally optional

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Mix of Six

Capital EX

When: Friday July 17 through July 26 Where: Northlands Grounds

The annual fiesta of rides. horse races and other carnival treats wraps up this weekend. Admission is \$8 for adults \$3 for kids aged seven to 12, and free for children six and under.

Everton vs. River Plate

When: Saturday, 7:30 p.m. Where: Commonwealth Stadium

Catch one of Europe's most storied clubs as they take on one of the perennial powers of South American soccer, as Britain's Everton takes on River Plate from Argentina. Tickets are available at Ticketmaster.ca or call 780-451-8000.

A Taste Of Edmonton

When: Friday July 17 through July 26 Where: Churchill Square

Food from dozens of Edmonton restaurants will be offering their goods all in one location for patrons to mix and match, as the

event wraps up this weekend. Tickets are a dollar each and between one and five tickets are needed per menu item

Flamenco for Life

When: Saturday, 6:30 p.m. Where: Sutton Place Hotel Ballroom

This fundraising gala supports the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. The fundraiser will help those women in Sub-Saharan Africa who, having lost their children to AIDS must now care for not only their grandchildren, but also the children of others in the communities who have passed away. Tickets for Flamenco for Life are \$40 and available through Tix on the Square.

REAL LIFE: Ron Mueck and Guv Ben-Ner

When: All weekend Where: Art Gallery of Alberta

The exhibition REAL LIFE pairs London-based sculptor Ron Mueck and the Berlin-based video artist Guy Ben-Ner. REAL LIFE explores how these artists,

despite very different aesthetic temperaments and unique approaches, both contemplate broad issues of the human condition in their work.

Walking With Dinosaurs: The Arena Spectacular

Where: Rexall Place Walking with Dinosaurs is a live adaptation of the series that originated in Australia in January 2007. All vour favourites like the T-Rex, stegosaurus, brachiosaurus and many more will make appearances.

When: Through to July 26



NEED SOME WATERCOOLER TALK?

Visit metronews.ca to watch metretube of the day

20 movies&entertainment

Kelis welcomes baby boy

Kelis has welcomed a baby boy. Knight Jones — weighing 7.8 lbs. — was born Tuesday at 9 p.m. in New York City, a rep for the 29-year-old singer tells usmagazine.com, adding both baby and mom are doing "wonderful." METRO NEWS SERVICES

Celebrity Buzz

IMPROVING A week after being placed under a psychiatric hold, Mischa Barton is "making improvements," her rep tells People. Friends have said

the former O.C. star is "dealing with personal issues" and has been on "a destructive path" for a while. According to a source, Barton has now left Cedars-Sinai Medical Center, where last week she was placed under a psychiatric evaluation, known as a 5150 hold.

E-showdown:

Larry King and his

reports.

tion, King

personal ac

KingsHubby.

METRO NEWS

started a

count,

Shawn

SERVICES

CNN v. Larry King

ONLINE BEEF A Twitter fight

handlers at CNN, TMZ.com

King's wife Shawn says

CNN asked him to stop

posting personal details

on KingsThings — such as

him and Ryan Seacrest ar-

guing over who's going to

pay for dinner. In retalia-

has broken out between

METRO NEWS SERVICES

Il through history the great religions have spoken to the return of a future Teacher. The Christians hope for the return of the Christ, the Buddhists look for the coming of a new Buddha, while the Muslims await the Imam Madhi, the Hindus a reincarnation of Krishna and the Jews the Messiah. How will we know Him? Surely He will ring our hearts with a message of sharing, justice and brotherhood. How can we prepare the way for Him? Each day brings opportunities, large and small, to act in favor of unity and justice. Our willingness to share will make a real

www.shareintl.org

Mischa out of hospital? | Sis Rebbie to raise MJ's kids?

FAMILY MATTERS TMZ.com is reporting multiple sources in the Jackson family as saying that even if Katherine Jackson gets custody of Michael Jackson's kids, it will be the late singer's big sister Reb-Jackson will raise the children.

The 59vear-old singer, who

shares a home in Las Vegas with her husband of over 20 years, has kept a low public profile, but pri-

vately has been deeply involved in lives Michael's children.

TMZ reports Rebbie is currentliving ly with Katherine at

family's Encino, Calif., home and is caring for the kids day-to-day.

Although the family is divided on many issues af-ter Jackson's death, the website says there's no argument when it comes to Rebbie caring for the kids - and that whether she eventually becomes the custodial parent in name or not, she will end up as primary caregiver of the kids. METRO NEWS SERVICES METRO NEWS SERVICES

Pap gets a slap from Jude Law?

SCUFFLE A female photographer claims she was slapped by Jude Law outside a London restaurant on Thursday and is considering taking legal action against the actor, popeater.com reports.

Harsha Gopal taking pictures of the actor when, Gopal alleges, the star flailed his arms around. striking the woman.

"He hit me full on the face, it was a real stinger. it was very sore," she told the Daily Mail. "It was deliberate — you could see it in his face. Maybe he didn't realize he was hitting a girl, but he could at least apologize.'

Law's lawyer called the claims "nonsense" and disputed that he didn't say sorry.

NEWS SERVICES

Gosselin love triangle emerges?

HOT COMMODITY A tabloid reporter who has been photographed twice with Jon Gosselin claims to be dating the 32-year-old father of eight, magazine.com reports.

"I didn't mean it to happen, it just did," Star reporter Kate Major, 26, said Tuesday. "I went to do a story on Jon and ended up falling for him."

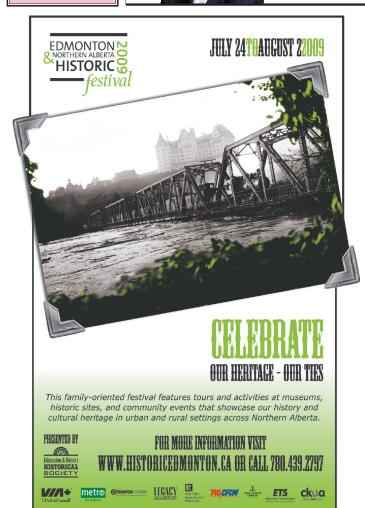
Gosselin and Major were first photographed togeth-Saturday at New York restaurant Accademia di Vino, where an onlooker told usmagazine.com that Major "was flirting shamelessly with Jon."

On Tuesday, a source said the two dined in the Hamptons with Lindsay Lohan's father Michael and Real Housewives of New York star Jill Zarin, whom Jon asked "for media advice.'

Gosselin has yet to confirm if he and Major are an item. Hailey Glassman, 22, al-

so has yet to weigh in on Major's remarks. Last week, Gosselin an-nounced that he and Glassman — the daughter of the surgeon who performed ex Kate's tummy tuck - were dating.

METRO NEWS SERVICES





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metro metronews.ca Weekend, July 24-26, 2009

22 movies&entertainment





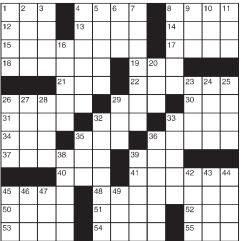






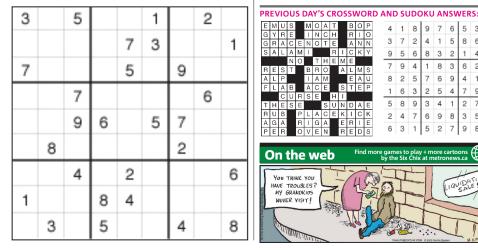
Sunday Mostly sunny 28 c / 14 c

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



1 Film buff's cable channel 4 One of the king's men 8 Ringlet 12 Story of a life time? 13 Reverberate 14 Catch a glimpse of 15 Dangerous current 17 Hobbling 18 Heat (Prefix) 19 Rage 21 Football filler 22 Metro 26 Explosion 29 Lawyer's due 30 Raw rock 31 Bush adviser Karl 32 Round Table address 33 \$10 in quarters, maybe 34 In olden times 35 CONTROL Agent 86 36 Man of morals? 37 Disliking

39 "- Doubtfire" 40 Attach 41 Ancient 45 Last writes?

48 Ailing 50 Treaty 51 Feed-bag contents 52 "Hail!" 53 Deuce beater 54 Picture of

health? 55 Legislation DOWN

1 Touch 2 Ho Chi 3 "The Da Vinci

4 Say it's OK 5 Tony nominee, maybe 6 Personal ques-

tion 7 Just as smart 8 Star 9 "Born in the -

10 Spinning abbr. 11 Caustic solution 16 Obliterate 20 Regret

23 Courts

24 Singer Guthrie 25 Kennel sound 26 Actor Pitt 27 Trademark symbol

28 Acknowledge 29 Predicament 32 Backyard play

area 33 Tailor anew 35 Chic, to Austin

Powers 36 Fleet 38 Stylishly

dressed 39 Valletta is its capital 42 October gem-

stone 43 Stromboli spillage 44 Bob's daytime-

TV successor 45 Make up your mind

46 Prohibit 47 Setting for Capades

49 Listener

1 8 9 7 6 5 3 2

2

6 9

4 1

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2 4 5 8 6 9

6

4 8 3 2

2 5

6 3

8 3

2 4 7

3

5 8 3

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5 9



Smoked Trout and Pasta Salad

INGREDIENTS:

1 each red and yellow pepper, seeded and quartered 10 oz (300 g) penne rigati or other pasta shapes 10 oz (300 g) smoked trout fillets

1 orange

1 large avocado

2 green onions, sliced 2 tbsp (25 ml) capers, well drained

1 1/2 cups (375 ml) arugula DRESSING:

5 tbsp (75 ml) plain low-fat yogourt

2 tbsp (10 ml) lemon juice 1 tsp (5 ml) Dijon mustard 2 tbsp (25 ml) chopped fresh dill

1/2 tsp (2 ml) white sugar Pepper to taste **METHOD**:

1. Preheat broiler. Place peppers on broiler rack, skin-side up, and broil un-til skins are blistered and blackened. Remove from broiler and place in plastic bag. Seal and set aside to cool

2. Meanwhile, bring large pot of water to boil and add pasta. Cook according to package instructions until al dente. Drain, rinse with cold water and drain well again. Transfer pasta to large salad bowl.

3. Flake trout fillets into bite-sized pieces, discarding skin and bones. Cut all skin and pith from orange and cut out segments from between membranes. Halve segments. Halve, pit and peel avocado, then cut into small chunks. Mix dressing ingredients and season with pepper. 4. Peel peppers and cut into strips. Add peppers to pasta together with trout, orange, avocado, green onions and capers. Add dressing and toss gently but thoroughly. Just before serving, toss in arugula.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out Key Ingredients



Horoscopes by Sally Brompton

ARIES

MARCH 21-APRIL 20
Life is full of possibilities, now more than ever, and the Sun in Leo urges you to let the artistic side of your nature flourish.

SEPT 23-OCT 23

The Sun in one of the more bighearted areas of your chart urges you to forget about being number one and do things to help life's also-rans.

TAURUS

APRIL 21-MAY 21 Strive to keep your feelings under control today, and make sure you look at the events of your life from a logical perspec-

OCT 24-NOV 22
Would you like to change the way you live? Would you like to lead a more meaningful existence? If so, now is the time to do something about it.

GEMINI

Sometimes you can be too suspicious for your own good but today and over the weekend you will go to the other ex-treme and trust everyone.

CANCER

JUNE 22-JULY 22 A money matter or business is

sue is no longer yours to command, so put it out of your mind and focus instead on other things in your life.

CAPRICORN **DEC 22-JAN 20**

You may be stuck in a rut and you may be desperate to get some excitement back in your life, but first do something about your financial situation.

LEO JULY 23-AUG 23

The Sun in your sign makes this the perfect time to start something new. It does not have to be amazing but it must have the Leo stamp on it.

you'll come out ahead.

sallybrompton.com

LIBRA

SCORPIO

tive

MAY 22-JUNE 21

On the web

TROUBLES?

YOU THINK YOU

MY GRANDKIDS

NEVER VISIT!

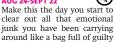
SAGITTARIUS NOV 23-DEC 21

The Sun in Leo at this time of year encourages you to take the kind of risks others say you should try to avoid. Be brave,

AQUARIUS

JAN 21-FEB 18
The Sun in Leo at this time of year makes all things possible for those who know how to give and take. On balance

VIRGO



secrets **PISCES**



If there are doubts in the back of your mind your efforts will most likely fall short, and that would be a shame for someone of your intelligence and talent.



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